

Great Walking Books

You can make walking a lasting, enjoyable part of a healthy lifestyle. Begin with a leisurely stroll through the health and fitness section of your local library or bookstore – a wide variety of books offer walking techniques and inspiration. Here are some examples.

Wanderlust: A History of Walking, Rebecca Solnit, Viking Press, 2000, 288 pages, \$24.95, ISBN: 0670882097. Rekindle the joy of walking for its own sake. Discover how this most basic form of human movement has shaped history, science, and literature – from marches on Washington and religious pilgrimages to pensive walks that led to classic poetry.

Natural Foot Care: Herbal Treatments, Massage, and Exercises for Healthy Feet, Stephanie Tourles, Storey Books, 1998, 192 pages, \$14.95, ISBN: 1580170544. Our feet transport us through thousands of steps a day; they deserve to be pampered. This book takes you off the beaten path with its holistic approach, including alternative and natural treatments.

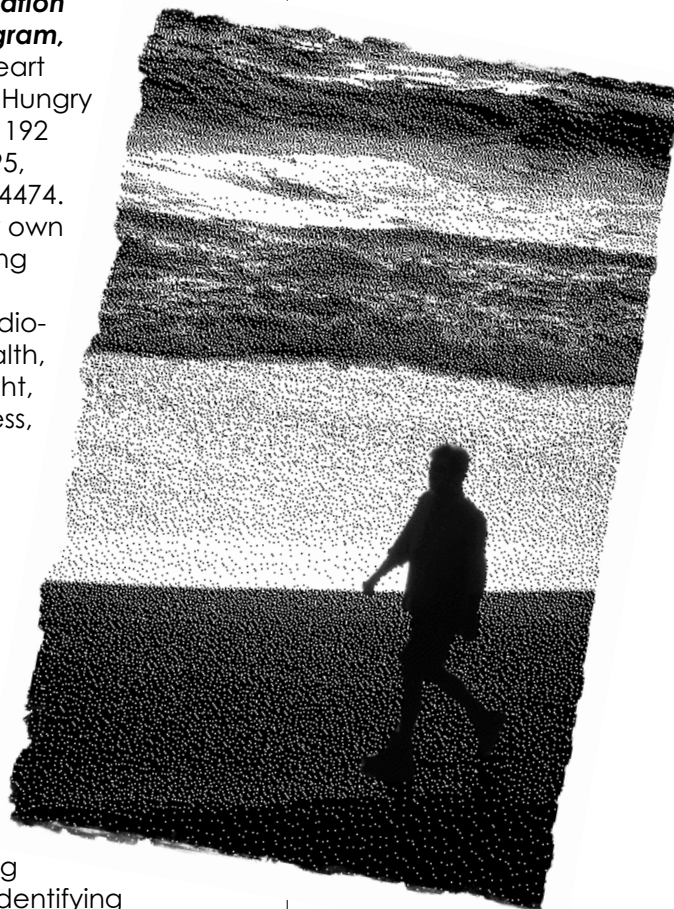
The Essential Backpacker: A Complete Guide for the Foot Traveler, Adrienne Hall, McGraw-Hill, 2001, 144 pages, \$14.95, ISBN: 0071354379. Hitting the hiking trail? Before you pack your rucksack, pack your mind with practical information to keep you safe, secure, and comfortable. This guide covers the basics – hiking skills, what to bring along, how to tote it, dealing with potential challenges on the trail – and touches on advanced backpacking techniques.



Running and Walking for Women Over 40: The Road to Sanity and Vanity, Kathrine Switzer, Griffin Trade Paperback, 1998, 208 pages, \$14.95, ISBN: 0312187777. This may be just what an over-40 woman needs to gain confidence and inspiration for starting up or continuing an exercise program. Featured on Oprah, the book was written by the first woman to officially run the Boston Marathon.

The Healthy Heart Walking Book: The American Heart Association Walking Program, American Heart Association, Hungry Minds, 1995, 192 pages, \$14.95, ISBN: 0028604474. Launch your own simple walking program to improve cardiovascular health, control weight, manage stress, and just feel better all around. The tips from this respected nonprofit organization include assessing your fitness level, choosing the right shoes, staying motivated, identifying obstacles to sticking with exercise, and more.

Fitness Walking for Dummies, Liz Neporent, Hungry Minds, 1999, 360 pages, \$19.99, ISBN: 0764551922. This is a comprehensive, easy-to-understand guide to starting and maintaining a walking routine. Just about every relevant topic is covered, including different levels of walking exercise – lifestyle walking, fitness walking, high-energy walking, and walk-run – plus who should exercise at each level.



"The journey of a thousand miles begins with a single step."

– Confucius